

School Breakfast Program (SBP)

PRESCHOOL BREAKFAST MEAL PATTERN

The Healthy and Hunger-Free Kids Act of 2010 requires the U. S. Department of Agriculture (USDA) to develop new meal patterns for the Child and Adult Care Food Program (CACFP). The current meal pattern for preschoolers in the SBP remains in effect until the USDA revises the CACFP meal patterns.

Food Components	Minimum Quantities ¹	
	AGES 1-2	AGES 3-4
Fluid Milk ²	4 fluid ounces (½ cup)	6 fluid ounces (¾ cup)
Vegetables and Fruits ³ Fruit and/or vegetable or full-strength fruit juice or vegetable juice	¼ cup	½ cup
Select one serving from the grains/breads and meat/meat alternates components, two from one component or an equivalent combination ⁴		
Grains and Breads ⁵ Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin or other breads Whole-grain, enriched or fortified cereal ⁶	½ serving ⁵ ½ serving ⁵ ¼ cup ³ or 1/3 ounce	½ serving ⁵ ½ serving ⁵ 1/3 cup ³ or ½ ounce
Meats and Meat Alternates Lean meat/poultry or fish ⁷ Alternate Protein Products ⁸ Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry beans and peas Nuts and Seeds ⁹ Yogurt, plain or flavored, unsweetened or sweetened	½ ounce ½ ounce ½ ounce ½ egg 1 tablespoon 2 tablespoons ½ ounce 2 ounces or ¼ cup	½ ounce ½ ounce ½ ounce ½ egg 1 tablespoon 2 tablespoons ½ ounce 2 ounces or ¼ cup

◀ See page 2 for important menu planning notes ▶

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- ¹ The meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide](#) to determine the amount of purchased food that meets the minimum requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- ² For children ages 3 years and older, schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole milk must be served to children younger than 2.
- ³ Serve a fruit or vegetable, combination of fruit and vegetable or pasteurized 100 percent full-strength fruit juice or vegetable juice. A minimum of $\frac{1}{8}$ cup of fruit or vegetable must be served to count toward the total requirement. Full-strength vegetable or fruit juice cannot exceed half of the total requirement.
- ⁴ Serve one of the following four options: 1) one serving of grain/bread and one serving of meat/meat alternate; 2) two servings of grains/breads; 3) two servings of meat/meat alternates; or 4) an equivalent combination that totals two servings, such as 1 $\frac{1}{2}$ servings of grains/breads and $\frac{1}{2}$ serving of meat/meat alternate.
- ⁵ Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Bran and germ are credited the same as enriched or whole-grain meal or flour. All grain and bread products must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads for Preschool Meals in the National School Lunch Program \(NSLP\) and School Breakfast Program \(SBP\)](#). Alternatively, schools can choose to use the minimum ounce equivalents specified in [Whole Grain-rich Ounce Equivalents for School Nutrition Programs](#). **Note:** The "grains/breads" component of the preschool lunch meal pattern applies only to children ages 1-4. For children ages 5 and older, the NSLP meal pattern applies and the whole grain-rich "grains" component replaces the "grains/breads" component. For more information, see [Criteria for Whole Grain-rich Foods](#).
- ⁶ Breakfast cereals must be whole grain, enriched or fortified. One serving must meet the requirements for either measure (cups) or weight (ounces), whichever is less.
- ⁷ The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.
- ⁸ Alternate protein products must meet the requirements specified by the USDA in appendix A to Part 220 of the [SBP regulations](#). For more information, see the [Crediting Foods](#) Web page.
- ⁹ Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry or fish. No more than one ounce of nuts or seeds may be served in any one breakfast.

For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and the CSDE's [Meal Patterns](#) Web page and [Crediting Foods](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.